

## Food Talks for the Ontario Women Who are Hooverizing

BY THE DOMESTIC SCIENCE DEPARTMENT, ONTARIO HIGH SCHOOL  
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The American Nation has before it now, a task much harder than that of organizing and equipping effective armies; it is to modify the food habits of 100,000,000 of our people, so that the needed increase of supplies of food may be furnished. And only thru the co-operation of the nation at large can this be accomplished.

Our Allies must have more food than they can raise, and we must send more than we can readily spare. To do this requires a few definite changes in our daily habits. The money of this nation can not bring it about alone. Neither can our producers, dealers not consumers. Only by co-operation, universal, generous, whole-souled, decisive can we do it. This co-operation must begin in the home—Housewife, father and children must be equally concerned.

The United States is the greatest food producing country. Russia can no longer be depended upon for help. England and France can not raise enough for their own consumption. It is up to us to furnish the shortage and if we are going to help we must reduce our own consumption. The economies we must practice are not hardships. We will not starve, but what we must do is limit our use of certain food stuffs which the Allies need, and make use of our own local production which we are unable to ship. At the present time there is no actual shortage of food stuffs, if we were only to feed ourselves, but to supply our armies and our Allies we must save on certain food supplies. The imperative amounts of our Allies are twice the amount that we have to send them. Our immediate duty then is to save and send over the seas, approximately 450,000,000 bushels of wheat when we have only two thirds of that amount to spare. If each one of us should eat three and one-half slices of bread for every five slices we each have been accustomed to, the desired result would be achieved, the victorious conclusion of the war would be assured, and tens of thousands of deaths from starvation would be avoided.

### How We May Save

1. By use of Local Food Stuffs.
  2. Use perishables to conserve staples, Garden Products, Orchards Products, Dairy Products, and Poultry Products.
  3. Eliminate Waste.
  4. Wheat Conservation.
  5. Food Preservation. Conserve perishable fruits and vegetables, to prevent waste, lessen the use of staples and increase variety in diet.
- Use Local Food Stuffs
- An increasing demand for the transportation of supplies connected with the war has interrupted the

usual transfer of food-stuffs between different sections of the country, and this puts upon every family the patriotic necessity of increasing as far as possible the use of food stuffs produced locally. Therefore use local vegetables and fruits and those from near by sources rather than those transported long distances. This means "use in season." Use foods that are grown in this country. We have an abundant supply of apples, potatoes, tomatoes, squashes and all sorts of vegetables and fruits. Why not try cooking these foods in some new way? They will add variety to your diet and give you a new food out of an old. For if we are going to conserve food we must find new and unusual ways of combining and cooking these local products.

Try these recipes tested and approved by the Domestic Science Department of the Ontario High School. Next week we will have more recipes for you to try.

All measurements are level.

### Apple and Corn-Meal Cone

- 2 cups of corn meal
- 2 cups chopped apples
- 2 teaspoons melted butter substitute
- 1 teaspoon salt
- 1 teaspoon Baking Powder
- 2 cups boiling water
- 2 eggs

Put the corn meal into a bowl, cover with boiling water and mix until smooth, cover with a cloth; when cold add the well beaten eggs and beat for 2 minutes; add the apples, butter substitute salt and baking powder and mix well. Brush pie tins with butter substitute, pour in the mixture and put into a moderate oven. Bake for 25 or 30 minutes. Serve warm with fruit syrup or tart apple jelly.

### Potatoes Au Gratin

Slice thin, then chop the potatoes (do not put thru food chopper,) use a sharp knife. To four or five medium sized potatoes, allow one medium sized onion minced, one green pepper from which the seeds have been removed, and about a cup full of rich grated cheese and a few sprigs of parsley. Put the chopped potatoes, onions, pepper and 1/2 of the cheese and a tablespoon of the minced parsley in a bowl, mix well. Season with plenty of salt and pepper. Stir in the mixture a quarter cupful of melted butter substitute or other dripping. Turn into a well greased casserole or baking dish. Cover with milk. Sprinkle the balance of cheese over the top and bake in a slow oven not less than an hour, longer will improve it. Remove from the oven and sprinkle parsley across the top in rows.

### Exports of Sugar to Nation's Allies Causes Scarcity Here

Some sections of the United States are temporarily short of sugar because the Nation is partially filling the imperative needs of the allies and is supplying sugar for its troops in France. In 1917 the United States has exported over 18 times as much as it had averaged in the three years preceding the war.

The world's sugar crop for 1916-17 was nearly 1,900,000 tons less than that of 1912-13. A greater shortage, however, affects the European allies because their own production has been greatly cut, and prior to the war Germany and Austria exported each year approximately 1,122,000 tons. In prewar times England received 54 per cent of her total sugar supply from the central powers, which is now supplied from the United States sources.

While European allies are being materially aided with sugar from the United States, they are far from getting more than their share at the expense of the citizen who once in a while may have to drink his coffee unsweetened. The average consumption of sugar per capita in England before the war was more than 93 pounds a year. Now the maximum limit is 28 pounds, with some likelihood of that being unobtainable. In France the limit is 18 pounds per capita; in Italy 12 pounds.

The average consumption of sugar per capita in the United States is still about 90 pounds.

A woman 95 years old has written the woman's committee of the Council of National Defense asking for war work because, she says, "My son is too old to be a soldier." A girl 9 years old wants to go to France as messenger in the Red Cross service.

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## DON'T WORRY ABOUT THE SOLDIER BOYS

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Although the failure to receive letters from men in the service is not pleasant to relatives and friends at home the adage "no news is good news" never was more true than at present. The report of every casualty at home or abroad is immediately wired or cabled to officials at Washington, being relayed from there without loss of time to the emergency address of the soldier or sailor affected. It is also at once released for publication in the newspapers. No news of casualties has or will be held up.

No man in the service has received orders not to write home; he has been urged, on the contrary, to keep in touch with relatives and friends. The forces in France have at their disposal post cards giving general information in regard to health and the receipt of letters and parcels, which may be dispatched without payment of postage.

Care is also taken to see that mail intended for soldiers and sailors reaches them promptly. Where the regimental and company designation of a soldier is not known it may be secured by application to The Adjutant General's Office, Washington, D. C. In one week 1,374 letters with insufficient addresses were received at this office. On 1,232 the addresses were completed and they were forwarded, 123 were returned to senders, 58 went to the dead-letter office because senders' addresses were not given, and the balance were held with the view that the addresses might be completed later.

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